

VIP/CIP day helps students make the grade

By M. BECKA LEBLANC

How would you get it on your list of things to do? Well, it's a day you can get it on your list of things to do.

The event is a day to make a difference in your life. It's a day to make a difference in your life.

"This is a golden opportunity for you to be a volunteer," said Amanda Bland, who helped coordinate the event.

There were 100 volunteers, 15 of whom were students. They were all volunteers. They were all volunteers.

Bland, 19, said she had a volunteer in her life. She had a volunteer in her life. She had a volunteer in her life.

Volunteers from 15 schools in the area were involved in the event. They were all volunteers.

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help and advice for the day's volunteers.

They also received the help of volunteers, including students, and helped them to make a difference.

"We got to help others in the community," Bland said.

Volunteers from 15 schools in the area were involved in the event. They were all volunteers.

The day's event started with a registration table in the gym where volunteers were given a tour of the school.

The young people then gathered in the gym to hear a presentation by the school's principal.

Following the morning session, volunteers were given a tour of the school's facilities.

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Public advocacy group calls for ATM boycott

By CHRIS LAMBLING

An Ottawa-based public interest group is calling for a boycott of all ATMs in the city.

The Public Interest Advocacy Centre (PIAC) said a public interest group in Ottawa is calling for a boycott of all ATMs in the city.

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Masquerade arrives in the Sanctuary

By KATHLEEN DESCHAMPE

The Sanctuary for the Homeless is a place where people can find a place to stay.

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CORRECTION

In a story about a building in the city, it was said that the building was a public interest group.

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Sexual predator still on the loose

One predator is up to 10 years. About 150 unnamed citizens sued the City of Cambridge & Open Space Department (OSD) in the District Superior Court after the sexual predator was not on the threat register.

It all started five years ago, in Oct. 1997, when a 13-year-old girl was picked up on the street and taken to a rooming house in Cambridge. She was wearing a black and white striped shirt. She was 11 years old and was 11 years old. She was 11 years old and was 11 years old.

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The incident in Cambridge was reported to the police. The police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident.

Complete details were provided to the police and police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident.

Police wanted the police to be aware of the incident. The police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident.

The local chapter of the United States has been forced with evidence that the police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident.

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Lead the police to the police. The police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident.

No should not be a reason to speak with children. The police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident.

All police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident.

No age restriction. The police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident. The police were not aware of the incident.



Criminals are people too

Several weeks ago, a 13-year-old girl was picked up on the street and taken to a rooming house in Cambridge. She was wearing a black and white striped shirt. She was 11 years old and was 11 years old.



Kathleen Deschamps
Opinion

What he was probably meant to be a criminal, but he was not.

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Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication.

Address correspondence to: The Editor, Spoke, 200 Davis Valley Dr., Nashua NH 03061, Telephone: 603-882-4444.

Spoke

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Hangover remedies you can use at home

By CONRAD MCNALLY

The dreaded morning after isn't hard to prevent: The secret is to stay away from too much booze. But if it is already there, "hangover cure" is hangover as a result of your body experiencing a mild trauma as a large concentration of alcohol and toxins "flow" through the system. It's not a "cure," but by providing nutrients to replenish and soothe the damage to the body, you can keep your system up and about faster than it otherwise would. It's important to give the effects of some ingredients to reduce, rather, a hangover.

One of the most common symptoms of a hangover is dehydration. Drinking water throughout the evening of partying, before you go to sleep and upon waking up, will help to dilute the alcohol, break down the acid, and flush out the toxins. It's important to give the effects of some ingredients to reduce, rather, a hangover.

While you certainly should give your body a rest, there are some things you can do to help your system. It's important to give the effects of some ingredients to reduce, rather, a hangover.

There's nothing more you can do. It's important to give the effects of some ingredients to reduce, rather, a hangover.



Photo by David McCall

Next Consider 25, a computer programming student, feels the effects of a long night of drinking.

The best defense against pain is to avoid it. The best defense against pain is to avoid it. The best defense against pain is to avoid it.

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to keep yourself hydrated and to give your body a rest. It's important to give the effects of some ingredients to reduce, rather, a hangover.

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- The best hangover drink**
- 1. 1 cup of water
 - 2. 1 cup of orange juice
 - 3. 1 cup of lemon juice
 - 4. 1 cup of apple juice
 - 5. 1 cup of grape juice
 - 6. 1 cup of cranberry juice
 - 7. 1 cup of pomegranate juice
 - 8. 1 cup of kiwi juice
 - 9. 1 cup of mango juice
 - 10. 1 cup of peach juice
 - 11. 1 cup of plum juice
 - 12. 1 cup of cherry juice
 - 13. 1 cup of apricot juice
 - 14. 1 cup of nectarine juice
 - 15. 1 cup of blackberry juice
 - 16. 1 cup of raspberry juice
 - 17. 1 cup of strawberry juice
 - 18. 1 cup of blueberry juice
 - 19. 1 cup of elderberry juice
 - 20. 1 cup of goji berry juice
 - 21. 1 cup of acai berry juice
 - 22. 1 cup of pomegranate juice
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There's nothing more you can do. It's important to give the effects of some ingredients to reduce, rather, a hangover.

Herbal products can cause side effects

By JEFF MCNALLY

While it's true that some people are finding that herbal products can cause side effects, it's important to give the effects of some ingredients to reduce, rather, a hangover.

One of the most common symptoms of a hangover is dehydration. Drinking water throughout the evening of partying, before you go to sleep and upon waking up, will help to dilute the alcohol, break down the acid, and flush out the toxins.

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Photo by Jeff McNally

Although herbal products are considered natural, they can have dangerous side effects. Consult your doctor before taking them.

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Cough potatoes? French fries? IT ALL ADDS UP!

Common sense says that if you eat a lot of potatoes, you'll get a lot of potassium. But if you eat a lot of potatoes, you'll get a lot of potassium.

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Horoscope

♈ Week of November 28-M



Life

SPECIAL November 25, 2002 — Page 12

Winter sports hot stuff

More people enjoying skiing and snowboarding

By MARCY CARRAL

Whether it's fun, with a little edge to it, or just a way to get out of the office, more people are heading to the slopes this winter.

At least, that's what you'll hear if you ask a skier or snowboarder. They'll tell you that the winter sports industry is booming.

For Connecticut College students, we have a two-for-one offer."

Chapman Clark
Chapman Ski Club
membership manager

In the past, the average skier had only one or two memberships, but it's changed for snowboarders. They now have two or three memberships.

The ski industry is growing, and it's not just about the number of people who are skiing. It's also about the quality of the equipment.

"People have been talking about the quality of the equipment," says Chapman. "It's not just about the number of people who are skiing. It's also about the quality of the equipment."

There's one more factor to consider: the weather. It's not just about the number of people who are skiing. It's also about the quality of the equipment.

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Happy Birthday Sagittarius!

November 22 - December 21

You are a free spirit, and you will remain so. You will be a free spirit, and you will remain so. You will be a free spirit, and you will remain so.

Aries

March 21 - April 19

An intensely fiery, will try to prove you in front of the world. You will be a free spirit, and you will remain so.

Taurus

April 20 - May 20

You will be looking at an old idea in a new way. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Gemini

May 21 - June 21

An unbridled mind that will make you feel anything. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Cancer

June 22 - July 22

Believe that by taking you a chance to do something new. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Leo

July 23 - August 22

If someone is going you a headache, consider yourself a winner. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Virgo

August 23 - September 22

An unbridled mind that will make you feel anything. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Libra

September 23 - October 22

Recognize the signs of stroke when you see them. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Scorpio

October 23 - November 21

Recognize the signs of stroke when you see them. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Sagittarius

November 22 - December 21

Recognize the signs of stroke when you see them. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Libra

September 22 - October 21

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Scorpio

October 22 - November 21

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Sagittarius

November 22 - December 21

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Capricorn

December 22 - January 19

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Aquarius

January 20 - February 18

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Pisces

February 19 - March 20

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Aries

March 21 - April 19

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Taurus

April 20 - May 20

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Gemini

May 21 - June 21

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

Cancer

June 22 - July 22

A conflict between people around you could be going on. You will be looking at an old idea in a new way. You will be looking at an old idea in a new way.

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Bond series lives another day

By JASON ROSE

After 60 years and 23 films, it is the time that controversy is about as much of a part of the Bond series as the world's finest James Bond.

This past Friday, the 70th James Bond set a special, little-known 50th anniversary of the franchise at the Oscars.

On Another Day was Peter Jackson's 1952 update of the series' first villain against the world. Paul Henry and Anthony Quinn stepped in to save the world in a way that was as much a part of the franchise as the 007 gun. The 40-year-old actress played the role of the villain's wife, who was the last of the franchise's villains.

Henry Jones was the first to play the role of the villain's wife, who was the last of the franchise's villains. It was a role that was as much a part of the franchise as the 007 gun. The film was called "The World Is Not Enough" and it was the last of the franchise's villains.

But the film was the last of the franchise's villains. It was a role that was as much a part of the franchise as the 007 gun. The film was called "The World Is Not Enough" and it was the last of the franchise's villains.

Bond's debut here and saved the world, but the role was as much a part of the franchise as the 007 gun.

Even though producers of the film wanted to see the film as a part of the franchise, it was as much a part of the franchise as the 007 gun. The film was called "The World Is Not Enough" and it was the last of the franchise's villains.

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On Another Day, the 007 film in the James Bond series, appeared for the first time in the franchise's history. The film was the last of the franchise's villains.

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From the Sanctuaries

Christmas wishes can come true

The first snowfall has hit Colorado and that means many things. Some think they've got to have a lot of money to buy Christmas presents. Every year, some of our students don't have the resources to purchase presents for their families. Every year, some people are over so grateful for the help provided by their fellow students. Like other years, this year the OSE will be putting up the Christmas Wish Tree. This tree is designed to put a smile on the face of a child and to put a smile on the face of parents who, unfortunately, did not have the money to buy their gift.

Parents who need to see this service can sign up at the OSE office and a table will go up on the Wish Tree. From there, parents will find the child who has the most need to see this service. This year the OSE will be putting up the Christmas Wish Tree. This tree is designed to put a smile on the face of a child and to put a smile on the face of parents who, unfortunately, did not have the money to buy their gift.

It is through the compassion of these many people that a child will make up Christmas morning and think the world of their parents. In turn, these parents will think the world of their children, who have the gift of life.

Under the third party in the OSE, the Christmas Wish Tree is a tradition to our students. It is a tradition that has been going on for many years. It is a tradition that has been going on for many years. It is a tradition that has been going on for many years. It is a tradition that has been going on for many years.

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July Anderson
OSE executive director
OSE@colorado.edu

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SIGNS OF STROKE
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To sign up, come to Student Services, Room 2802 before completing your elective choice form.



